

UPPER BODY				LOWER BODY		CORE BODY				ENDURANCE	
Push		Pull				Basic		Advanced			
Pushups		Pullups		Squats		Crunches		Otis Ups		Burpees	
Tricep Pushups		Chinups		Lunges		Lying Leg Raises		Reverse Dragon Flags		Battleropes	
Wide Pushups		Bodyweight Rows		Single Legged Deadlifts		Plank		Ab Roller		Jumping Jacks	
1 Elevated Arm Pushup		Supermans		Box Jumps		Side Plank		Dumbbell Windmills		Bear Crawls	
Crossover Pushups		Superman Trap Press		Box Crossovers		V-Sit		Side Plank w/ Leg Raise		Tuck Jumps	
Spiderman Pressup		Superman Around the Worlds		Jumping Lunges		Russian Twists		Side Plank Punches		Ice Skaters	
Incline Pushup		Plank Row		Squat Holds		V-Ups		Hanging Leg Raise/High Touch		Jumping Heel Taps	
Decline Pushup		Plank Rear Delt Raise		Rolling Squats		Lying Crunch Heel Taps		Hanging Leg Paddles		Frog Jumps	
Planche Pushups		L-Sit Pullup		Pistol Squats		Reverse Crunches		Hanging L-Sit			
Dips		Chinup to Front Lever Rock		Single Leg T Holds		Opposite Toe to Hand Touches		L-Sit			
Pike Shoulder Press		Pullups (To Chest)		Overhead Box Squats		Bike Crunches		V-Sit			
Side Plank Lateral Raise		Pullups (To Abs)		Overhead Lunges		Side Lying Leg Ups		Hanging Around the Worlds			
Side Plank Frontal Raise		Rocking Supermans		Pelvic Lifts		Mountain Climbers		Hanging Side Raises			
Dive-bomber Pushups		Single Handed Row		Single Legged Pelvic Lifts		Shoot Through Crunches		Dip Bar Leg Raise->Rotate			
Medicine Ball Pushups		Single Handed Chinups		Wide Squats		Inch Worms		45° Bench Dragon Position Leg Ins			
Star Plank		Bodyweight Bicep Curls		Lateral Squats		Back-and-Forths (Plank/RevPlank)		Side Plank Pullthroughs			
Resistance Band Pushup		Plank Front Raise		Hip Adduction		Hollow Body Holds**		Sliding Plank Walk			
Single Handed Pushups		Dragonflags		Hip Abduction		Hollow Body Sweepers		Superman Planks			
Pushup Position Tricep Kickbacks		Pullup/Chinup Hold		Crab Walks		Hollow Body Flyes		Lying Bar Pull-in's (Bar on Feet)			
				Face Planters		Side Lying Upper Body Ups		Laying Windshield Wipers			
				Quad Levers		Side Plank Butt Ups		Hanging Windshield Wipers			
						Plank Transfers		PlankPlanche Pos. Single Leg Up's			
						Long Lever Plank		Rocking Hollow Body to Situp			
						Hanging Knee Raises		Plank Reach Unders			
						Lying Flutter Kicks		V-Up to Straddle V-Sit		BEAP Test	
		Muscle Up Negatives*				Lying High Knee Raises		L-Sit to Handstand		Jump Rope	
Planche*		Low Bar Muscle Ups*				Spider-man Plank				Stairs	
Planche Pushup*		Muscleups*				Elbow to Knee Crunches				Elliptical	
Handstands*		Front Lever*						Back Lever		Biking	
Handstand Shoulder Press*		Front Lever Row						Flagpole*		Running	